

THIS Old Baker

Eggs: What They Do in Baking

Eggs aren't just another ingredient — they're one of the most important tools in your baking pantry. They help with flavor, texture, and structure all at once, and even small changes (like using yolks vs whites) can change how your baked goods turn out.

1. Eggs Add Flavor


Eggs help baked goods taste rich and complete. The yolk especially brings depth and flavor because it contains most of the fat.


Too much egg or overcooking can give a slightly "eggy" small or taste, especially in delicate recipes like custards.




2. Eggs Help Build Structure

When you heat eggs, the proteins tighten and form a framework in your batter or dough. This gives shape and stability to cookies, cakes, and breads.

 Egg whites are mostly protein, so they give strength and firmness.


 Egg yolks are higher in fat, which makes things softer and more tender.


 Whole eggs bring a balance of structure and tenderness.




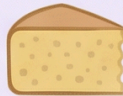
3. Eggs Change Texture

Because eggs affect structure, they also affect how something feels when you bite into it:

 Bakes with more whites tend to be firmer and stronger.

 Bakes with more yolks are softer and more tender.

 Using whole eggs usually gives you a texture that's sturdy but still soft.



4. Eggs Can Help Things Rise

Egg whites can trap air when they're beaten. Those tiny air bubbles expand in the oven and help give lightness and lift to cakes and soufflés — especially when whipped to add extra air.



5. Eggs Hold Ingredients Together

Eggs act like a glue that keeps everything in your batter or dough connected. When heated, their proteins firm up and help everything stay in one piece.



6. Eggs Help Mix Wet + Dry Ingredients

The yolk contains things (like lecithin) that help fats and liquids blend together smoothly, so your batter doesn't separate.

This is called emulsifying — it makes for a smooth, even texture in cakes and batters.



Quick Egg Function Summary

Here's what eggs bring to the party in baking:

- ✓ Adds flavor
- ✓ Helps baked goods hold their shape
- ✓ Affects how soft or firm your treat is
- ✓ Can help things rise when air is added
- ✓ Makes batter come together smoothly

